



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09401, Applesauce, canned, unsweetened, with added ascorbic acid

Report Date: May 22, 2017 01:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	88.22	--	0.923	86.38	89.24	2.0	84.251	92.196	1	Analytical or derived from analytical	--	06/2008
Energy	kcal	42	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Energy	kJ	176	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Protein ¹	g	0.17	--	0.021	0.12	0.19	2.0	0.076	0.256	1	Analytical or derived from analytical	--	06/2008
Total lipid (fat) ¹	g	0.10	--	0.014	0.07	0.12	2.0	0.041	0.161	1	Analytical or derived from analytical	--	06/2008
Ash ¹	g	0.24	--	0.052	0.16	0.34	2.0	0.018	0.469	1	Analytical or derived from analytical	--	06/2008
Carbohydrate, by difference	g	11.27	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Fiber, total dietary ¹	g	1.1	--	0.047	1.1	1.2	2.0	0.934	1.339	1	Analytical or derived from analytical	--	06/2008
Sugars, total ¹	g	9.39	--	0.869	8.33	11.11	2.0	5.651	13.126	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	1.13	--	0.268	0.79	1.66	2.0	-0.017	2.285	1	Analytical or derived from analytical	--	06/2008
Glucose (dextrose) 1	g	2.30	--	0.154	2.06	2.59	2.0	1.639	2.968	1	Analytical or derived from analytical	--	06/2008
Fructose 1	g	5.88	--	0.454	5.4	6.78	2.0	3.925	7.83	1	Analytical or derived from analytical	--	06/2008
Lactose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2008
Maltose 1	g	0.07	--	0.000	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	06/2008
Galactose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2008
Starch 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2008
Minerals													
Calcium, Ca 1 2 3 4	mg	4	--	0.497	3	5	3.0	1.926	5.091	4	Analytical or derived from analytical	--	06/2008
Iron, Fe 1 2 3 4	mg	0.23	--	0.029	0.06	0.36	3.0	0.141	0.327	4	Analytical or derived from analytical	--	06/2008
Magnesium, Mg 1 2 3 4	mg	3	--	0.106	2	3	3.0	2.293	2.97	4	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1 2 3 4	mg	5	--	0.175	3	9	3.0	4.535	5.649	4	Analytical or derived from analytical	--	06/2008
Potassium, K 1 2 3 4	mg	74	--	3.961	54	88	3.0	61.643	86.857	4	Analytical or derived from analytical	--	06/2008
Sodium, Na	mg	2	--	0.397	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2008
Zinc, Zn 1 2 3 4	mg	0.03	--	0.014	0	0.12	3.0	-0.012	0.078	4	Analytical or derived from analytical	--	06/2008
Copper, Cu 1 2 3 4	mg	0.027	--	0.001	0.02	0.03	3.0	0.022	0.031	4	Analytical or derived from analytical	--	06/2008
Manganese, Mn 1 2 3 4	mg	0.025	--	0.004	0.02	0.04	3.0	0.012	0.038	4	Analytical or derived from analytical	--	06/2008
Selenium, Se	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	21.2	--	4.346	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin 1	mg	0.026	--	0.002	0.02	0.03	2.0	0.02	0.033	1	Analytical or derived from analytical	--	06/2008
Riboflavin 1	mg	0.030	--	0.001	0.03	0.03	2.0	0.024	0.035	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin 1	mg	0.084	--	0.010	0.07	0.1	2.0	0.041	0.127	1	Analytical or derived from analytical	--	06/2008
Pantothenic acid 1	mg	0.041	--	0.000	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	06/2008
Vitamin B-6 1	mg	0.027	--	0.011	0.02	0.05	2.0	-0.019	0.072	1	Analytical or derived from analytical	--	06/2008
Folate, total 1	μg	3	--	0.667	2	4	2.0	-0.202	5.535	1	Analytical or derived from analytical	--	06/2008
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2008
Folate, food 1	μg	3	--	0.667	2	4	2.0	-0.202	5.535	1	Analytical or derived from analytical	--	06/2008
Folate, DFE	μg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Choline, total 1	mg	2.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Betaine 1	mg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	μg	1	--	0.285	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	29	--	5.696	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin E (alpha-tocopherol) ¹	mg	0.16	--	0.029	0.11	0.21	2.0	0.032	0.282	1	Analytical or derived from analytical	--	06/2008
Tocopherol, beta ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2008
Tocopherol, gamma ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2008
Tocopherol, delta ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2008
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ¹	µg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Lipids													
Fatty acids, total saturated	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
16:0	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
18:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
Fatty acids, total polyunsaturated	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
18:2 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
18:3 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 8h, 2004 Beltsville MD

²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1989

⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1990